

There is NO **Easy** Way to Getting Healthy

5 Ways to Make Lifestyle Changes
That Will Stick and Help You Achieve
Your Goals



I hate to break it to you, but there is no easy way to get healthy, lose weight or get back into shape. It takes time and it takes dedication. Yes, it would be nice to have a magical pill or an easy button. That's the reason there's such a huge market for diet pills and weight loss gimmicks. But the hard truth is that they just don't work.

What works is making lifestyle changes and sticking to them. That's what this short report is all about. I'm not promising that it will be easy as pie or that you'll lose 50 pounds overnight. What I can promise is some helpful information that will allow you to make those lifestyle changes. I'll show you how to create good habits that will help you reach your goals. After that it's up to you to implement them and finally get healthy – for life.

Lifestyle Change #1 - Eat Less

Let's start with the hardest habit to get into. It's to eat less. It makes sense, doesn't it? You eat less, you'll start to lose weight. Or at least you'll stop gaining pounds.

Over the past few decades our portions have gotten bigger and bigger. We're bad about piling food on our large plates (yes, our plates have gotten bigger too) and then finishing it all no matter what.

Instead, let's get in the habit of eating a little less, eating a little slower and stopping when we start to get full. Here are some simple little hacks to help us do that.

Portion Control

Our portions have gotten bigger and bigger. And we're used to eating long past the point where we start to feel full. It's time to retrain ourselves to get a feel for how much a serving of pasta, chicken, rice, corn, cereal or anything else on our plate should be.

Start by reading up on portions and invest in an inexpensive set of measuring cups. You can even use your hand in a pinch. Here are some general guidelines:

- 1 cup = your fist
- 1 ounce = the meaty part of your thumb
- 1 tablespoon = your thumb, minus the meaty part
- 1 teaspoon = the tip of your index finger
- 1 inch = the middle section of your index finger
- 1-2 ounces of a food like nuts or pretzels = your cupped hand

- 3 ounces of meat, fish, or poultry = the palm of your hand

Measure your food for a few days until you have a feel for what you should be eating.

Getting out a smaller plate or bowl will also help you dish out smaller portions.

Once you have your plate, fill it up with leafy greens, vegetables and a little fruit first. Add a portion of meat and only then add the rest. The idea is that you'll have less room for the stuff that's bad for you.

Group Your Foods Correctly

Last but not least try to group your foods together so they don't make your blood sugar spike. Blood sugar spikes are what make us crave even more food a little later. Don't eat carbs and particularly sugary foods by themselves. Instead combine them with a protein or even a little healthy fat. It'll keep your blood sugar levels more even and avoid insulin spikes.

It also helps to eat a serving of leafy greens anytime you have a meal or snack. These low calorie veggies are good for you and will fill you up without adding a lot of calories.

Drink Plenty Of Water

Last but not least make sure you drink plenty of water. Having a big glass of water with dinner will help fill you up quicker.

But there's more to it than just helping with portion control. We often confuse thirst and hunger (or those cravings). If in doubt, have some water and see if you were "just" thirsty.

Lifestyle Change #2 - Eat Better

We already touched on this, but getting healthy is all about eating food that's better for you. Skip the cookies, chips and donuts and fill up with food that nourishes your body. Yes, it's tough in the beginning, particularly because refined carbs and sugar are addictive compounds, but it will get easier.

It'll well be worth it when you start to have more energy, feel better and realize that real food actually tastes much better than the factory made stuff.

Less Sugar

Start by cutting out the sugar. If you can make do without oversweet coffee drinks and breakfast cereals loaded with sugar, you'll be amazed at how much clearer your head will be. And you won't have that mid-morning slump either.

Pay attention to labels and cut sugar anywhere you can. Cook from scratch when possible and choose non-sugary foods whenever possible. Stop eating cereal or pop tarts for breakfast and scramble up some eggs instead.

If you're craving a little something sweet, pick some fruit instead of heading for the candy bowl. Frozen grapes make a yummy sweet treat. Or freeze some banana slices and either dip them in melted chocolate for a candy-bar like treat or blend them up with some milk for mock ice cream.

Less Carbs

Eating less sugar will cut out quite a few carbs from your diet, but don't just stop there. Cut back on white foods like bread, pasta, rice, potatoes and the likes.

Reading labels and learning a little bit about nutrition is important here. IT's amazing how often carbs are snuck into all sorts of foods we eat each day.

Wheat has gotten a bad rep over the past few years and even if you aren't gluten intolerant, it's a good idea to cut as much wheat out of your diet as possible.

Don't forget about drinks either. Fruit juices and sodas are full of sugar (which is a carb) and let's not even get started with beer. Yes, the occasional treat is fine, but overall aim to eat less carbohydrates.

More Protein

So what do you eat instead? Cutting down on carbs limits a whole bunch of food we typically eat. We'll talk about vegetables in a minute, but first let's talk about protein. It takes much longer to digest protein than it does carbs. Protein will keep you full longer. In other words, you won't get hungry two hours after you eat.

Protein is also great at mellowing out any potential insulin spikes carbs can cause. Try to eat at least a small portion of protein with each meal.

There's a reason why we need at least a little protein each day. It contains building blocks (amino acids) our bodies need to keep regenerating.

Protein is found in meat but also in vegetables particularly legumes (think beans).

More Non-Starchy Veggies

I already mentioned that a good trick to make yourself eat healthier is to fill up on leafy green vegetable. Really any non-starchy veggie is a good choice. Not only do they fill you up without a lot of calories, they are also full of vitamins and other micro-nutrients that are important for a healthy body.

When I mention leafy green vegetables, you're probably thinking salad. Salads are great, but don't just stop there. Make a pot of vegetable soup, stew up some cabbage or collard greens, and cook up a pot of spinach. Or add your veggies to a smoothie. There are some great green smoothie recipes out there. Try blending up banana, romaine lettuce and water into a yummy sweet green smoothies. Or blend up spinach, coconut water and frozen blueberries. Play around with green smoothie recipes. Just try to stay away from adding fruit juices. We don't want to turn our healthy smoothie into a sugary treat.

Healthy Fats

Let's talk about fat for a minute. Low fat didn't work. We did it since the early 70s, cutting out each and every little bit of fat from our diet. And we've gotten fatter and fatter in the process. We need fat to keep running, keep our energy up and keep us full longer.

But fat isn't just fat. Skip the margarine and use some grass fed butter instead. Stock up on nuts, seeds and avocados.

A word of caution. While some fat is good for us, it can also pack on calories that we may not need. Incorporate healthy fats into your diet daily, but be sure to pay attention to portion size when you do.

Lifestyle Change #3 - Move More

To stay healthy we have to move around more. Most of us have very sedentary lives. We sit at a desk and when we get home, we sit back down in front of the TV.

But exercising is hard. We start the New Year with the best of intentions and even sign up for a gym membership. We do well for a week or two and then slip back into bad habits. We make excuses why we can't go exercise.

So don't think about it as exercising. Just tell yourself you are going to move around more. And it doesn't have these long marathon sessions. Start with 15 minutes. Even 15 minutes more than you're moving now helps and those 15 minutes will start to add up.

Take a little walk on your lunch break or after dinner. Dance around the living room with your kids or go play around at the park. Make it fun and keep it easy. Just remind yourself several times a day to move more.

Lifestyle Change #4 - Choose Your Passion

Find something that gets you moving without you even realizing you're "exercising". Have you ridden a bike in a while? It's a lot of fun. Or sign up for some dance lessons. Think about anything active you've enjoyed in the past and rediscover your passion.

And don't be afraid to try something new. You never know what may be fun. Go out and try things like tennis, mini golf and pickle ball. Go walk on the beach and look for shells or go on a nature walk.

Sign up for a kayaking tour or take up fishing. Plant a garden, go for a swim. The sky is the limit. Find something you enjoy that gets you moving. If it gets you moving outside, that's even better.

And let's not forget people. People make an experience even more fun. Join a walking group or get some friends together to play basketball at the local rec center. Or join a yoga class and see if you don't make some new friends.

Lifestyle Change #5 - Get Support

Since we're talking about people, let's keep going and talk about support. Our support system is what will keep us going when we feel like giving up. They keep us motivated and push us to do even better.

Find a group of like-minded people, preferably with the same lifestyle change goals, to help keep you accountable.

Find supporters who will encourage you to keep on moving even after you've eaten an entire box of doughnuts (the whole dozen). Let's be real... it's going to happen. We all slip up, make bad choices and fall back into bad habits.

That's why having a strong support system in place is so important. This can be people who eat what you eat, want to lose the same amount of weight you do, and go exercising with you. It can be, but it doesn't have to be. They can also be loved ones, family and friends who are there to cheer you on and keep you accountable.

Don't limit yourself to just local people. You can build an amazing team of supporters online as well. Join some groups and forums to connect with other people on a journey similar to yours. Find your tribe and communicate with them daily. Cheer each other on and call each other out when someone hasn't check in or slipped up.

It's not easy getting healthy, but I hope this short report has given you some ideas to get started on the journey to a healthier and happier you.